



## Kentucky Employees' Health Plan 15 Day Dash Step Challenge

*Join a team, earn prizes, and have some fun!*

Enrollment starts: Tuesday 9/1/15

Enrollment ends: Monday 9/14/15

Challenge starts: Tuesday 9/15/15

Challenge ends: Wednesday 9/30/15

Upload ends: Friday 10/2/15

**15  
DAY  
DASH**

## Ready to be challenged?

The KEHP is sponsoring a statewide step challenge Sept. 15-30.



### Step 1: Get and synchronize a fitness tracking device

Your HumanaVitality compatible pedometer or other fitness device must be synced to HumanaVitality for your steps to be uploaded and tracked.



### Step 2: Join a team

Starting Sept. 1, go to [LivingWell.ky.gov](http://LivingWell.ky.gov) and sign in to HumanaVitality:

#### HumanaVitality website:

1. Hover over the "Get Healthy" tab and then click on "My Challenges."
2. Click on the link for the "KEHP 15 Day Dash."

#### HumanaVitality Mobile app:

- Select "Challenges" from the dashboard menu.
- Click on "Join Challenge." Select "Sponsored" and search for "KEHP 15 Day Dash."

3. Click on "Create a team" or type the name of the team you wish to join in the search box and click on "Join team," agree to the conditions and click on "Yes." NOTE: If you create a team, please include your state agency, department or school board name in the team name (10-50 members per team). Example: "Personnel Cabinet Dashers."



### Step 3: Get stepping!

Find ways to walk more each day: Take the stairs, park in the back lot, walk to lunch. If your device doesn't automatically upload your steps, upload them periodically. Follow the action on the challenge "leaderboard" (Steps may take 24-48 hours to show up in the challenge platform).

HumanaVitality® is not an insurance product. HumanaVitality is only available to covered KEHP members. HumanaVitality is administered by Humana Insurance Company.



**Check out page 3  
for more details.**

Monarch butterflies (right) flew in just in time for the Reserve Monarch Waystation dedication at the Governor's Mansion last week.

Joanna Kirby (below center), past president of the Garden Club of Kentucky, has been instrumental in working with the Landscape Branch and state parks to create waystations.



Photo left, everyone is with the Landscape Branch unless otherwise noted.

**Front row L-R:**

Sandy Perkins, Joanna Kirby (Garden Club of Kentucky), Tim Depenbrock, Linda Porter (Garden Club of Kentucky Butterfly and Pollinator Chair)

**Back row L-R:**

Meagan Payne, Jud Browning, Drew Higgins, Ross Flatt, Shawn Purvis, Scott Inman, Harper Smith, John Lee.

## News from Kentucky Housing Corporation to share with friends and family.

**WHAT: Johnson County Housing Fair.** Attend this valuable community housing fair to receive updates on short-term and long-term housing options. Presented in partnership with FEMA, HUD, Frontier Housing, Kentucky Housing Corporation, Rural Development, Federation of Appalachian Housing Enterprises (FAHE), Federal Home Loan Bank, Department of Local Government, Big Sandy ADD, Big Sandy Community Action Agency, Christian Appalachian Project, and SmartMH Alliance.

**WHO:** If you have lost your home as a result of the recent storms, regardless of your income, you are encouraged to attend this meeting.

**WHEN & WHERE:** Tuesday, September 1, 6:30-8:30 p.m.  
Disaster Recovery Center, 120 Tays Branch Road, Paintsville

**WHY:** To provide you with necessary information regarding assistance with your short-term and long-term, permanent housing options.





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### Individual and team Vitality Bucks® prizes

The top 10 individual finishers and members on the top 10 teams will be awarded these prizes:

1st: 5,000	6th: 2,500
2nd: 4,500	7th: 2,000
3rd: 4,000	8th: 1,500
4th: 3,500	9th: 1,000
5th: 3,000	10th: 500

See rules and additional information at [LivingWell.ky.gov](http://LivingWell.ky.gov).

### 15 Day Dash Rules

Updated August 12, 2015

1. Registration begins September 1, 2015 and will continue through September 14, 2015. No late entries will be accepted for any reason.
2. You may only count your own steps for this Dash. The Dash team reserves the right to disqualify anyone who has been identified as being dishonest.
3. Only steps counted during the event are counted toward prize eligibility.
4. Steps will only be counted using a Humana g1/g2 pedometer, FitBit or other HumanaVitality® compatible pedometer.
5. If your pedometer becomes lost or broken during the event, you will need to purchase a new device through the Vitality Mall or outside vendor. Humana and KEHP are not responsible for any steps not uploaded prior to the misplacement or breakage of your pedometer. Humana and KEHP are not responsible for any lost or stolen pedometer devices.
6. You can only use one device to record your steps.
7. There is a daily step maximum of 30,000; steps over 30,000 per day will not be counted in a member's challenge total.
8. You are responsible for purchasing, ordering, and/or obtaining your own pedometer.
9. You must include your agency/department name in your team name to qualify for prizes. (Vitality Bucks will be awarded within 45 days of the challenge end date.) If you choose to leave your team, you will be removed from the team's leaderboards, but will remain on the individual leaderboard.
10. If a member is removed from the Dash for any reason, his/her steps will be removed from the team to which he/she belonged.
11. You may only participate on one team.
12. The 50 points for joining a team and 50 points for joining a challenge are limited to once per month.
13. Teams must be officially formed before the closing deadline on September 14.
14. KEHP members eligible for HumanaVitality can participate in the Dash; members who waive KEHP coverage are not eligible for HumanaVitality and therefore cannot participate.
15. You authorize your employer and/or the KEHP to publish or distribute the results of the challenge and/or your photograph or likeness in a photo for the purpose of publicizing the KEHP programs. You agree the materials will become the property of KEHP and, use of the materials shall be without compensation to you.

Humana Vitality



15  
DAY  
DASH



kyhealthnow LivingWell.ky.gov  
advances our state of well-being